

# July Activities - Urbana Senior Center

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9020 Amelung Street, Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<b>Mondays</b> <b>9:00-3:00</b>	<b>Tuesdays</b> <b>9:00-8:00</b>	<b>Wednesdays</b> <b>9:00-3:00</b>	<b>Thursdays</b> <b>9:00-3:00</b>
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
<p><b>4</b></p> <p><b>Center is Closed</b></p> 	<p><b>5</b></p> <p>10:00 *English Conversation  <b>10:00 *Stepping On Workshop</b>  <b>Noon *July 4<sup>th</sup> Lunch</b>  1:00 Stitching Post  1:00 Chinese Mah Jong  3:00 *Watercolor Class  <b>Center will close at 4:30 p.m.</b>  <b>5:00 *Supper Club:</b>  <b>Chubby's Barbeque</b></p>	<p><b>6</b></p> <p>9:40 Strength Training  10:45 Exercise: Stretching  12:30 *English Class  1:00 Wii Bowling</p>	<p><b>7</b></p> <p>9:30 Color This  9:40 Strength Training  10:45 Exercise: Strength/Balance  1:00 Cards and Games  <b>1:30 *Line Dancing</b></p>
<p><b>11 Health Education 101</b>  <b>"Hurricane Preparedness"</b>  10:00 Stitching Post  10:45 Exercise: Mobility  Noon *Basic Tai Chi  1:00 *Advanced Tai Chi  1:00 Rummikub  1:15 Book Club</p>	<p><b>12 Health Education 101</b>  <b>"Hurricane Preparedness"</b>  10:00 *English Conversation  <b>10:00 *Stepping On Workshop</b>  1:00 Stitching Post  1:00 Chinese Mah Jong  3:00 *Watercolor Class  5:00 *Dinner/Games</p>	<p><b>13 Health Education 101</b>  <b>"Hurricane Preparedness"</b>  9:40 Strength Training  10:45 Exercise: Stretching  12:30 *English Class  <b>1:00 *Artful Creations:</b>  <b>Suncatchers</b></p>	<p><b>14 Health Education 101</b>  <b>"Hurricane Preparedness"</b>  9:30 Color This  9:40 Strength Training  10:45 Exercise: Strength/Balance  <b>Noon *Boxed Lunch</b>  <b>with Nurse Steve</b>  1:00 Cards and Games  <b>1:30 *Line Dancing</b></p>
<p><b>18 Nutrition Minute</b>  <b>"Benefits of Peanut Butter"</b>  10:00 Stitching Post  10:45 Exercise: Mobility  Noon *Basic Tai Chi  1:00 *Advanced Tai Chi  <b>Center closes at 2:00 p.m.</b></p>	<p><b>19 Nutrition Minute</b>  <b>"Benefits of Peanut Butter"</b>  10:00 *English Conversation  <b>10:00 *Stepping On Workshop</b>  1:00 Stitching Post  1:00 Chinese Mah Jong  3:00 *Watercolor Class  5:00 *Dinner  <b>6:00 *The Inside Scoop:</b>  <b>Alzheimer's and Caregiving</b></p>	<p><b>20 Nutrition Minute</b>  <b>"Benefits of Peanut Butter"</b>  9:40 Strength Training  10:45 Exercise: Stretching  12:30 *English Class  1:00 Wii Bowling</p>	<p><b>21 Nutrition Minute</b>  <b>"Benefits of Peanut Butter"</b>  9:30 Color This  9:40 Strength Training  10:45 Exercise: Strength/Balance  1:00 Cards and Games  <b>1:30 *Line Dancing</b></p>
<p><b>25</b></p> <p>10:00 Stitching Post  10:45 Exercise: Mobility  Noon *Basic Tai Chi  1:00 *Advanced Tai Chi  1:00 Rummikub</p>	<p><b>26</b></p> <p>10:00 *English Conversation  <b>10:00 *Stepping On Workshop</b>  1:00 Stitching Post  1:00 Chinese Mah Jong  3:00 *Watercolor Class  5:00 *Dinner/Games</p>	<p><b>27</b></p> <p><b>Center is closed</b></p> <p><b>Picnic at Brunswick Senior Center!</b></p>	<p><b>28</b></p> <p><b>Center is Closed</b></p> <p><b>The Department of Aging Offices and Senior Centers are closed</b></p>
<p><b>30 Day Decluttering Challenge</b></p> <p>The idea is simple: identify one thing to get rid of on July 1, two things on July 2, three on July 3... so that by the end of the month you will have recycled, re-gifted, donated to charity or taken to the trash 465 items! Items to consider: clothes, socks, shoes, kitchen items, books, desk drawer items, linen closet items, bathroom and beauty products. (Yes, there are 31 days in July – you get a pass for July 31!)</p>			<p><b>Special Events</b></p> <p>July 1: Groceries for Seniors  July 15: Cantler's Trip  July 22: Trolley Museum Trip  July 27: Brunswick Picnic</p>

(see other side for program highlights)